

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the Application:

**Listing of Claims:**

1. (Currently Amended) A locking device, comprising: a support part, a with spring coupled to the support part and movable into means (30), the spring means (30) being provided in a manner such that they can be set at least into one locking position, the locking device being provided in a manner such that it can be adjusted relative to at least two retaining rods (20) having a plurality of recesses movably coupled to the support part (22), the spring means (30) interacting with the recesses (22) in such a manner so that movement the setting of the spring means (30) in their into a locking position causes the support part locking device to be locked relative to the retaining rods (20), characterized in that , wherein the spring means (30) are is provided in such a manner that the locking of the at least two retaining rods (20) can be brought about by at least one of a mechanical fixing of the spring means (30) in a central region of the spring (35) or that the locking of the at least two retaining rods (20) can be brought about by and an application of force on the spring means (30) in a the central region (35).

2. (Currently Amended) The locking device as claimed in claim 1, ~~characterized in that wherein the spring means (30) are provided as a spring (30) is~~ provided as a single part.

3. (Currently Amended) The locking device as claimed in ~~one of the preceding claims, characterized in that the spring means (30) are provided as a claim 1, wherein the spring (30) extending extends~~ in an elongate manner essentially between the ~~two~~ retaining rods (20).

4. (Currently Amended) The locking device as claimed in ~~one of the preceding claims, characterized in that claim 1, wherein the spring means (30) comprise comprises~~ at least one central part and end parts.

5. (Currently Amended) The locking device as claimed in ~~one of the preceding~~ claims, ~~characterized in that claim 1, wherein~~ the spring means (30), ~~in addition to their locking position, are provided in a manner such that they can be set into~~ is movable to a release position, the spring means (30) ~~interacting with the recesses (22) in such a manner that, when where~~ the spring means (30) are set in their release position, they open up disengages the recesses (22).

6. (Currently Amended) The locking device as claimed in ~~one of the preceding~~ claims, ~~characterized in that the locking device has claim 5, further comprising~~ a sliding element (40) which can be set at least in a first position and in a second position, the spring means (30) interacting with the sliding element (40) ~~in such a manner so~~ that, when the sliding element (40) is set into its the first position, the spring means (30) ~~take up there~~ is in the locking position and ~~that, when the sliding element (40) is set into its the~~ second position, the spring means (30) ~~take up there is~~ is the release position.

7. (Currently Amended) The locking device as claimed in ~~one of the preceding~~ claims, ~~characterized in that claim 6, wherein~~ the sliding element (40) has a plurality of projections (42, 43), and ~~in that the spring means (30) have~~ comprises a plurality of actuating regions (32, 33), so that a movement of the sliding element (40) parallel to a plane defined by the ~~at least two~~ retaining rods (20) ~~bringing about a results in a~~ movement of the actuating regions (32, 33) which is essentially vertical thereto.

8. (Currently Amended) The locking device as claimed in ~~one of the preceding~~ claims, ~~characterized in that claim 7, wherein~~ the spring means (30) are is elastically deformed by the movement of the actuating regions (32, 33).

9. (Currently Amended) The locking device as claimed in ~~one of the preceding~~ claims, ~~characterized in that claim 7, wherein~~ the actuating regions (32, 33) ~~are of~~ comprise a wedge-like design.

10. (Currently Amended) The locking device as claimed in ~~one of the preceding claims, characterized in that the locking device has~~ claim 7, wherein the support part comprises a bearing point (52), the bearing point (52) preventing a configured to prevent movement of the central region (35) of the spring ~~means (30)~~ during the movement of the actuating regions (32, 33).

11. (Currently Amended) ~~A headrest (10) with a~~ The locking device as claimed in Claim 1, further comprising a headrest coupled to the retaining rods ~~one of the preceding claims.~~

12. (Currently Amended) ~~The headrest (10) locking device as claimed in claim 11, characterized in that~~ wherein the headrest (10) interacts with the retaining rods (20) ~~which are provided~~ in an essentially vertically oriented manner, so that the headrest (10) ~~is provided such that it is~~ height-adjustable.

13. (Currently Amended) The locking device of claim 6, wherein the sliding member is biased by a restoring spring ~~Use of a headrest (10) or of a locking device as claimed in one of the preceding claims in a motor vehicle.~~

14. (New) A headrest for a vehicle, comprising:  
a support part comprising a frame and a pair of guides, the support part attachable to a seat frame;  
a pair of retaining rods having a plurality of recesses and slidably interacting with the guides;  
an elongated spring interacting with the retaining rods and movable between a release position disengaged from the recesses and a locking position engaged with one of the recesses on the retaining rods; and  
a sliding element movable between a first position in which the spring is in a locked position to prevent movement of the retaining rods relative to the support part, and a second position in which the spring is in the released position to permit movement of the retaining rods relative to the support part.

15. (New) The headrest of claim 14, wherein the spring comprises a pair of actuating regions configured to engage the recesses of the retaining rods.

16. (New) The headrest of claim 14, wherein the sliding element moves the spring member in a plane substantially perpendicular to the retaining rods.

17. (New) The headrest of claim 14, wherein the support part further comprises a bearing point configured to prevent movement of a center region of the spring and the sliding element is operable to move ends of the spring.